

Hawaii MARINE SPORTS

Hawaii Marine C Section

July 12, 2002

Facilities fights down to wire



Cpl. Jessica M. Mills

Curt Clarke(#3), avionics branch supervisor for MALS-24, attempts a layup but is blocked by Facilities player Andre Moore (#33), a Hazmat data processor with Base Environmental.

Cpl. Jessica M. Mills
Sports Editor

In another night of high flying hoops with the MCB Hawaii, Kaneohe Bay, over-30 league, the Facilities team commanded the courts against the Marine Aircraft Logistics Squadron 24 team and defeated them 50-48, in an overtime battle, July 5 at the K-Bay Semper Fit Center.

In the first 10 minutes of the game, MALS-24 kept a comfortable lead ahead of Facilities. With 11 minutes left until half time, the score was 8-3.

Three minutes later, Facilities stole the ball and scored a layup, closing the gap to 10-9.

Due to the holiday weekend, MALS-24 only had five players, which allowed them no substitutions.

"Because we only had five players, Facilities had the option of canceling the game, but we discussed it and they decided to play anyways," said MALS-24 coach Victor Gooden, a corpsman with Marine Aircraft Group 24 Medical. "We just saw it as a challenge."

Curt Clarke, avionics branch supervisor for MALS-24, broke down the court and scored on a layup, while Facilities was called on a foul.

Facilities assistant coach,

Greg Mitchell, military police operations chief with the Military Police Co., scored on a free throw and raised the score 13-9, MALS-24 ahead.

Ted Clark, a corpsman with Patrol Squadron 9, took control of the ball for MALS-24 and scored again, making the score 15-9. Facilities followed with a substitution.

Mitchell shot and scored, but MALS-24 was not giving up.

Samuel Jones, a production control chief with MALS-24, broke down the court and raised the score to 17-11.

Facilities kept up and continued to fight, and with two minutes remaining, the score was 17-14.

Facilities made another substitution and the score continued to level off, 17-16.

With one minute remaining in the first half, Facilities shot a basket from behind the three-point line and took the lead 19-17.

With MALS-24 in control, Mitchell unsuccessfully tried to steal the ball and they made two free throws. The first half ended 19-19.

In the second half, the two teams continued neck-and-neck, scoring basket after basket against one another.

With 12 minutes left in the game, MALS-24 called another

See BASKETBALL, C-3

Former Marine, Hall of Famer, dies



WILLIAMS

Associated Press

Special to the Hawaii Marine

RYSTAL RIVER, Fla. —

Ted Williams, the Boston Red Sox revered and sometimes reviled "Splendid Splinter" and baseball's last .400 hitter, has died at age 83.

Williams, who suffered a series of strokes and congestive heart failure in recent years, was taken Friday to Citrus County Memorial Hospital "where he was pronounced deceased," said sheriff's department spokesman Lt. Joe Eckstein.

He underwent open-heart surgery in January 2001 and had a pacemaker inserted in November 2000.

The Hall of Famer always wanted to be known as the greatest hitter ever, and his stats backed up his claim.

A two-time MVP who twice won the Triple Crown, Williams hit .344 lifetime with 521 home runs — despite twice interrupting his career to serve as a Marine Corps pilot in World War II and the Korean War.

He had 145 RBIs as a Red Sox rookie in 1939 and closed out his career — fittingly — by hitting a home run at Fenway Park in his final Major League at-bat in 1960.

Williams' greatest achievement came in 1941 when he batted .406, getting six hits in a doubleheader on the final day of the season.

Williams contended his eyesight was so keen he could pick up individual stitches on a pitched ball and could see the exact moment his bat connected with it.

He also asserted he could smell the burning wood of his bat when he fouled a ball straight back, just missing solid contact.

Williams was a perfectionist who worked tirelessly at his craft and had no tolerance for those less dedicated.

He was single-minded and stubborn, a player who reduced the game to its simplest elements: batter vs. pitcher, one trying to out-

See WILLIAMS, C-4

HMH-363 blasts away Camp Smith

Cpl. Jessica M. Mills
Sports Editor

The spectators shouted, running down the sidelines and following the ball as the play unfolded down the field. Marine Heavy Helicopter Squadron 363 blasted Camp Smith Monday, 6-1, aboard MCB Hawaii, Kaneohe Bay.

Less than 10 minutes into the first half, midfielder Fernando Briones, a maintenance administration clerk with HMH-363, used some fancy footwork to smuggle the ball out from under Camp Smith defenders and beamed it into the far right corner of the net, scoring the first goal of the game.

Camp Smith, already feeling the pressure, stepped up its defense and hustled the ball down the field towards HMH-363's goal, but yet again, HMH-363 was able to swipe the ball from Camp Smith's forward's. In the process of the play, Camp Smith was called on a penalty.

Martie Fisher, assistant operations officer for HMH-363, attempted a free kick but the shot was deflected out of bounds.

Camp Smith took the throw in, again HMH-363 intercepted the pass.

During the next play, HMH-363's center



Cpl. Jessica M. Mills

Midfielder Hector Ledesma (right), an administration clerk with MAG-24, tries to sweep the ball out from under a Camp Smith forward.

Jesse Sparks, an airframer, made a corner kick to Briones, who vollied the ball straight past the goalie, and raised the score to 2-0.

Forward Timothy Legros, an airframer with HMH-363, launched a header straight

past the Camp Smith Goalie's head and upped the score 3-0.

Camp Smith, in an effort to close the gap,

See SOCCER, C-4

No Waves? Paddle anyway at BayFest 2002



Edward Hanlon V
MCCS Marketing Coordinator

If the scarce summer surf swells are keeping you out of the water, then Marine Corps Community Service's BayFest 2002 has just the event for you.

Marine Corps Community Services and McKenna Motors are hosting this year's Paddle Board Race Aug. 18 on MCB Hawaii, Kaneohe Bay.

Paddlers will race the 3.5-

mile loop around Coconut Island starting and ending the competition on the BayFest beachfront. The event is open to the public. The fee is \$20 by Aug. 15, and \$25 the day of the race.

Registrations will be accepted by mail until Aug. 15, late registrations on race day can be submitted from 12 to 1 p.m., on location.

Awards for 1st, 2nd and 3rd place will be given to paddlers in three different classes.

The options for equipment include unlimited, stock and rescue board classes for men, women, and youth.

Unlimited Class includes boards over 12 feet, unlimited weight and all designs.

The Stock Class accepts boards 12 feet or under, unlimited weight, no rudders.

The Rescue Board Class has no weight restriction and includes Honolulu, New Zealand, Australian,

See PADDLE, C-3

SPORTS BRIEFS

Debbie Robbins
MCCS Public Relations

MCCS Accepts Resumes For AF Marathon

The Armed Forces Marathon Championship will be held in conjunction with the Marine Corps Marathon, Oct. 27 in Washington D.C.

The All-Marine Team will be compromised of 5 men and 3 women.

Marines interested in being considered should submit a resume with approved command authorization to Varsity Sports Coordinator Steve Kalnasy no later than July 20.

Resumes must list dates, places and finish times of all marathons and half marathons run in the past two years.

For more information, contact Steve Kalnasy at 254-7590.

K-Bay Lanes Makes Summer Sports Superstars

MCB Hawaii’s K-Bay Lanes invites kids ages 5 - 18 years to participate in Summer Sports Superstars.

In two-week increments, kids will learn the basics in swimming, bowling and tennis for \$120.

Summer Sports Superstars runs Tuesdays through Fridays, July 23 - Aug. 6. For more, call K-Bay Lanes at 254-7693.

Kapiolani Park Holds 5K “Race for the Cure”

Applications are available now for the 8th Annual Susan G. Komen Hawaii Race for the Cure, which will be held Sunday, Sept. 29 at Kapiolani Park to raise funds for the fight against breast cancer.

The “event with a mission” features a 5K race at 7:30 a.m , followed by a one-mile walk at 7:45 a.m.

There will be entertainment by Dita Holifield and her band, beginning at 8:45 a.m. In addition, Safeway will

serve breakfast in the park to all participants following the event.

Registration is \$18 (\$25 after Sept. 20), with groups of five or more mailed together at \$15.

Entry forms with complete details are available in *Hawaii Race* Magazine or by calling the local information line at 973-5967. Registration also may be done online at www.raceforthechcurehawaii.org.

The Klipper Offers Free Golf Clinic

A free beginner’s golf course clinic is being offered at the Klipper Golf Course from 5 - 6:30 p.m. for all active duty military stationed aboard MCB Hawaii.

Leland Lindsay, the Klipper’s teaching golf professional, will instruct patrons on swing fundamentals, rules, etiquette and more.

This free golf clinic is open to the first 25 service members who sign up at the Pro Shop or call 254-1745.

O’Club Pool Closed For Renovations

Due to renovation, the Officers Club pool is closed until mid-August.

Once open, members and guests will enjoy a tropical atmosphere complete with exotic flora, fauna and fountains.

For all events, club members and guests should enter the club through the Mongolian Barbecue Pit area.

For more information, call 254-7649.

Rest with Reading

The Base Library and McDonald’s Hawaii is hosting a radical Summer Reading Program for children.

Kids may turn in completed reading logs in exchange for McDonald’s food certificates and entries into the book drawing to be held at the Summer Wrap Up Party in Aug. 15.

In addition to the Summer Reading Program, the

Base Library will also hold, “Pets and Kids at the Base Library,” Thursday, Aug. 1 at 10 a.m.

The Humane Society will showcase pets and proper care techniques, and Auntie Lori will read stories.

For more information, the Base Library may be reached at 254-7624.

Sailing Classes Offer Keiki New Horizons

For adventurous keiki, 8 years and older, the Base Marina is hosting Junior Beginning and Junior Intermediate Sailing lessons now and throughout the summer for \$99.

Classes run for two weeks, Monday - Friday, and students may choose from 9 a.m. - noon or from 1 - 4 p.m.

The Base Marina may be reached at 254-7667.

Hickam AFB Holds Softball Tournament

Hickam AFB will be hosting the Hurricane Classic Softball Tournament for Mens and Womens Division Aug. 30th - Sept. 2.

The tournament consists of a round-robin and double elimination.

The tournament is open to all DoD authorized patrons and its cost is \$200 per team.

Pre-tournament festivities include a homerun contest, a base running contest and a relay throw contest.

For more information, please contact Mike Stewart at 655-3840.

Enlisted Club Hosts Sports Night

Ease back into your work week at the Enlisted Club every Monday night during its weekly “Sports Night.”

The E’Club is open seven days a week and welcomes all E-5s and under and their sponsored guests.

For additional details, call 254-7660.

BayFest Arrives Soon

The ever-popular BayFest is coming and Marine Corps Community Services is looking for volunteers.

New attractions such as the Sumo wrestling event and the inflatable boxing arena are in the works.

For more, contact Leslie Graham at 254-7593.

Base All Stars —

NAME: Corporal Fernando Briones

BILLET: Maintenance admin. clerk

UNIT: Marine Heavy Helicopter Squadron 363

POSITION: Midfielder

TEAM: HMH-363

SPORT: Soccer

- **Briones has played soccer for the past seven years.**
- **The Houston, Texas, native began playing in high school. This is his first season playing at K-Bay.**
- **During the last game, Briones scored the first two goals of the game and was credited with two assists.**



Cpl. Jessica M. Mills

“Soccer keeps you out of trouble, and a good coach can keep you going.”

Sports Ticker —

2002 Intramural Soccer Standings

	<i>Won</i>	<i>Lost</i>
Headquarters Bn.	5	1
1st Radio Bn.	5	1
HMH-363	4	2
CPRFP	3	3
3rd Marines	2	4
Camp Smith	2	4
CSSG-3	1	5

30 and Over Basketball Standings

	<i>Won</i>	<i>Lost</i>
3rd Marines	5	1
Ole School	5	1
Facilities	4	2
2/3	3	1
Camp Smith	2	4
MALS-24	1	5
1st Radio Bn.	0	6

BAYFEST 2002

Homemade boats are put to the test at Bathtub Regatta

Edward Hanlon,V
MCCS Marketing Coordinator

Can you canoe? Are you passionate about paddling? Know how to construct a watercraft? Then put your boating and your building skills to the test in the 13th Annual McKenna Motors BayFest 2002 Bathtub Regatta,

Sunday, Aug. 18 aboard MCB Hawaii, Kaneohe Bay. The Bathtub Regatta is a free race for all military, civilians and corporate teams that have created a homemade boat and are willing to put their crafts to the test. Regattas racing must be self-propelled by four-person teams, and created

originally for the race. Numerous prizes will be awarded from first to sink, to funniest design, to children’s best and more. The event begins at 3 p.m. at the BayFest waterfront. All entries need to be placed in advance. For more info., or to enter, call 254- 7655 or visit us online at www.bayfesthawaii.com.

PADDLE: Race open to public

From C-1

England, Californian, Square Tail, Light Roll, and Rockered Bottom designs. This lively event is among many others that will take place at this year’s BayFest. McKenna Motors BayFest is an annual event organized by MCCS. Proceeds from this

event enhance the quality of life for the Marines, Sailors and their family members stationed aboard Marine Corps Base Hawaii. The purpose for BayFest is to convey an appreciation to the local community and pay homage to the military members who sacri-



fice themselves for America’s freedom.

BASKETBALL, From C-1

er time-out. The score was 30-25, Facilities. After the short break, MALS-24 returned to the court, determined to keep pace with Facilities. Jones stole the ball, shot and scored, then shot again and missed, the score was 30-27. As the clock counted down, the lead continued to bounce back and forth between the teams. The third time-out of the game was called with 4 minutes and 28 seconds left. Although both teams were showing signs of fatigue, neither one was willing to give up or slow down. The scoring continued as the minutes wound down. With 11 seconds left in the

regulation time, Facilities was ahead, 44-42. Gooden jumped to shoot a layup and was knocked to the ground by a Facilities defender. The ball went out of bounds. Ernest Lyons, a security manager for VP-9, caught the pass and shot right before the buzzer, tying the score at 44. The game went into a three-minute overtime. Both teams went for the jugular, and the score slowly rose until 9 seconds before the buzzer. Facilities led, 50-48. A penalty shot went to MALS-24, which missed just as the buzzer went off. The game ended with Facilities ahead, 48-50. “This was one of the toughest games we’ve played this season,” said Mitchell. “We were a little out of sync with

the holiday, but we stayed in the game.” “MALS-24 played really well, especially for having only five players and no substitutions. We thought we’d have to take it easy on them, but that was not the case.”



Cpl. Jessica M. Mills



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Above — Ted Clark, a corpsman with VP-9, breaks down the court toward the basket. Left — Samuel Jones(right), a production control chief with MALS-24, searches for an open teammate for the pass.



WILLIAMS: Fans say goodbye to “The Splendid Splinter”

From C-1

smart the other. In those instances, he usually won.

A diamond in the rough

Tall and thin, gaunt almost, Williams hardly possessed the traditional profile of a slugger. Yet, he was arguably the best hitter of his time.

Going into the final day of the 1941 season, Williams was batting .396. Rounded off, that would be .400. Red Sox manager Joe Cronin suggested he sit out the day’s doubleheader to clinch that number.

Williams refused. Instead, he played both games, went 6-for-8 and lifted his season average to .406. No one has approached .400 since.

“He killed the ball, just killed it,” said Pete Suder, who played shortstop for the Philadelphia Athletics that day. “He hit one into the loudspeaker horns. He hit another one over the fence.”

That year, Williams also led the league with 37 homers, 145 bases on balls and a .735 slugging percentage.

Despite all those gaudy statistics, the American League MVP award went to Joe DiMaggio, who had a record 56-game hitting streak.

The next year, Williams won the Triple Crown, leading the league with 36 home runs, 137 RBIs and a .356 average. But the MVP award went to Yankees second baseman Joe Gordon (.322, 18, 103).

The same thing happened in 1947, when Williams won his second Triple Crown by hitting .343 with 32 homers and 114 RBIs, but lost the MVP vote again to DiMaggio (.315, 20, 97).

“He was the best pure hitter I ever saw. He was feared,” DiMaggio said in 1991, the 50th anniversary of Williams’ .406 season and DiMaggio’s hitting streak.

Williams led the league in hitting six times, the last in 1958, when, at age 40, he became the oldest batting champ in major league history.

He was elected to the Hall of Fame in 1966, his first year of eligibility.

Although considered a born hitter by many, Williams worked countless hours to improve throughout his career. He often said hitting a baseball was “the hard-

est thing to do in sports.”

“A round ball, a round bat, curves, sliders, knuckleballs, upside down and a ball coming in at 90 to 100 miles an hour, it’s a pretty lethal thing,” he said.

Williams was only 20 when he joined the Red Sox in 1939, beginning a tempestuous, colorful career.

He had several nicknames: Thumpin’ Ted, Teddy Ballgame and The Kid. But none stuck like “The Splendid Splinter,” a reference to his skinny, 6-foot-3 physique.

A few years after retiring, he was quoted as saying: “I’m so grateful for baseball — and so grateful I’m the hell out of it.”

But he didn’t really stay away. He managed the Washington Senators and Texas Rangers in 1969-72 and maintained lifetime connections with the Red Sox. In 1984, the team retired his number 9.

He played one and a half seasons with San Diego, then was signed by the Red Sox in 1937 for the then-outrageous sum of \$25,000.

He turns to the Marines

With a dependent mother, Williams re-

ceived a military deferment from his draft board in 1942. When that season ended, though, he was commissioned, becoming a Marine flier.

In 1946, he returned to lead the Red Sox to the pennant and his first MVP award.

As a member of the Marine Reserves, he was called up as a jet pilot in 1952. After combat service as a fighter pilot in Korea, he rejoined the Red Sox late in the 1953 season.

Williams returned to the Red Sox as a vice president, then was a consultant and spring training hitting instructor.

But the strokes, especially a particularly severe one in February 1994, limited his vision and mobility.

In 1995, Boston dedicated a \$2.3 billion harbor tunnel bearing Williams’ name. At the ceremony, he made it clear he didn’t consider it a memorial.

“Every place I go, they’re waving at me, sending out a cheer, sending letters and notes,” he said. “And I thought, I’ve only seen it happen to somebody who looks like they’re going to die. I’m a long ways from that.”



Cpl. Jessica M. Mills

Martie Fisher, asst. operations officer for HMH-363, uses fancy footwork to keep the ball away from Camp Smith.

SOCCER, From C-1

blasted the ball to the upper left corner of HMH-363’s goal, but the goalie lunged forward to save the ball inches from the line.

Following another goal by HMH-363, Pvt. Joseph Wilgus, a maintenance administration clerk, demonstrated his athletic ability and performed a forward flip throw in.

Seconds before half-time, Sparks stole the ball from Camp Smith and broke down the field, sliding the ball past Camp Smith’s goalie.

The first half ended with HMH-363 ahead 5-0.

During half time, Coach Mario Morales, an aviation maintenance

administration staff noncommissioned officer, congratulated his team on the well-controlled ball handling and high performance using simple soccer techniques, such as crossing the ball in front of the goal.

“We set our expectations high at the beginning of the season, and now we are trying to keep up with them,” said Morales. “It took us until the third game to come together. But now we seem to be on track.”

In the second half, Camp Smith refused to give up without a fight and strengthened their defense, blocking nearly every pass near the goalie box.

After numerous attempts by

HMH-363, Morales finally broke through Camp Smith’s defense and ran into the goalie box, bouncing a shot off the goal post and into the net, raising the score to 6-0.

Minutes before the end of the game, Camp Smith retaliated and slid through HMH-363’s defense, beaming a shot through the goalie’s legs to put Camp Smith on the score board.

Running down the clock, HMH-363 attempted one more goal before time was called, but the shot was called out on a handball. The game ended 6-1.

The game was the fifth win for HMH-363, bringing the team to third place in the intramural league.

HEALTH & FITNESS

Snoring can be lessened, sometimes conquered

NAPS
Featurettes

It’s been more than 35 years since Debbie Smith has had a good night’s sleep. That’s how long she’s been married to a snorer.

While she loves her husband, his constant “sawing wood” places Debbie among the 62 percent of adult Americans who suffer from some type of sleep depravation.

Debbie spends most nights nudging, lightly kicking and rolling her husband over to get him quiet. Sometimes his snoring is so loud, she can’t even hear the television.

Debbie is not alone in her frustrating endeavors for a restful sleep. With snoring affecting more than half of American sleepers, studies have shown that bed partners of snorers suffer from insomnia, morning headaches and daytime sleepiness and fatigue.

Studies have found that major contributors to snoring include partial blockage of airway passages and dryness of the throat. Dryness may also be a factor in the loudness of the snore, and if there are any accompanying rattling or gurgling sounds.

More than 300 devices, gadgets, medicines and pills are currently on the market that profess to fight the “war on the snore.” Many are uncomfortable, some are messy or foul tasting and some just don’t work.

For the more intense snorer, surgery may even be recommended. But, the bottom line is, there is no one solution to the snoring problem.

While it may not be a cure, there is a way to get some relief from the discomfort and noise of snoring. Some products lubricate the throat, using peppermint and almond oil and other all-natural ingredients. These soft-tissue lubricants adhere to the palate to keep the throat membranes moist and soothed.

According to Samuel A. Mickelson, M.D., at Advanced Ear Nose and Throat Associates and direc-



Courtesy of NAPS

tor of the Atlanta Snoring and Sleep Disorders Institute, lubrication has definitely been shown to reduce the severity of snoring.

“It is believed that surface tension causes tissues of the palate and uvula to stick together during snoring,” explains Dr. Mickelson. “When these tissues are coat-

ed with a lubricant, it reduces the surface tension and makes tissues less likely to vibrate and cause less noise.”

Whether it is due to a partner’s snoring or suffering from a more serious sleeping disorder such as sleep apnea, sleep deprivation is not something to be taken lightly.

Sufferers of serious sleep disorders should be evaluated by a medical sleep professional.

Lack of sleep leads to other serious complications, such as impairment of driving ability and lower levels of job productivity.

Tips that may help in getting a good night’s sleep include:

- Avoiding alcohol several hours before retiring,
- Not sleeping on a full stomach,
- Sleeping on your side or stomach, positions where less snoring usually occurs.If you are among the 100 million Debbies in the world who are fighting the war on snoring, there are drug-free, comfortable options to help the battle.

Help is available
for sleep troubles

NAPS
Featurettes

We’ve all used the excuse, “I’m too tired” at some point in our lives to avoid completing a task or getting a job done. In fact, the National Sleep Foundation found that 40 percent of American adults are so sleepy during the day that it interferes with their daily activities.

More than ever, Americans aren’t getting enough sleep or are having trouble sleeping. Drowsiness causes at least 100,000 automobile accidents a year, according to the National Highway Safety Administration, and leaves people less productive at work and more at risk for health problems.

The solution is to make sleep a priority. In general, adults require seven to eight hours of sleep each night, teenagers need about nine hours and infants require 16 hours of sleep per day.

However, the amount of sleep each person needs varies. Experts say that if you feel drowsy during the day, even during boring activities, you haven’t had enough sleep.

Sleep deprivation can be dangerous to your health. You could suffer from common sleep disorders such as insomnia, sleep apnea or restless legs syndrome.

Insomnia is simply the inability to fall asleep. For short-term insomnia, a doctor may prescribe medication such as sleeping pills. In serious cases, the doctor may suggest alternative medications or light therapy.

Sleep apnea is a disorder that causes temporary interruptions in your breathing while you sleep. In extreme cases, sleep apnea can lead to sudden death from respiratory arrest. If you thiink you have sleep apnea, see a physician immediately. Treatment methods will vary.

Restless legs syndrome (RLS) is most common in adults over 60, though possible at any age. It causes crawling, tickling, pricking or tingling sensations in the legs and feet. This constant nighttime leg movement causes repeated awakenings and fragmented sleep. Again, see your physician if you think you suffer from RLS, because, in most cases, this condition is only relieved by medication.

To get more sleep, follow these tips:

- Don’t consume caffeine, nicotine or alcohol for four to six hours before bedtime.
- Do develop a relaxing routine to cue your body that it’s time for sleep such as taking a warm bath or listening to soothing music.
- Don’t watch TV or do work in bed; make your bed a sleep-only zone.
- Do try to wake up around the same time every day, even on weekends.
- Don’t exercise four to six hours before bedtime.

Making sleep a priority will improve your health, work, safety and relationships. See www.aoa-net.org, the American Osteopathic Association’s Web site, for more information.